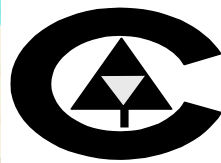


Craigwiel Gardens *Newsletter*

SEPTEMBER 2022



Message from the CEO



Of Fall, foliage, and family connections

I look out of my office window and I can see tell-tale signs of what's in store for us this fall. I can picture a kaleidoscope of bright red, yellow, orange, fuchsia and other colours that greet us each fall season. I can also picture the fallen leaves and the rich carpet they spread in our gardens and on our lawns. This year I am prepared with my electric blower to help keep my lawn free of the fallen leaves. Yes, it is the Fall season and we are again gearing up for a busy time with our residents. Our residents are getting their craft ideas ready for Thanksgiving, Halloween Parade, Remembrance Day and Christmas. As they do, we all try to put behind us the last two months of outbreaks, isolation and restrictions.

In the last few days, I was thinking about the connections we lose when a resident is not longer with us. During a resident's stay at Craigholme, family members visit regularly, some even daily. When a resident passes or is transferred, the break with family members is immediate. Instead of just grieving the loss of the resident, we also deal with the loss of family members who had become part of the Craigwiel family. I want all family members to know that we miss them and we thank them for the vital role they have played in making Craigwiel the caring place it is today. Take time to stop and enjoy the Fall colours!



Ernie

September Resident Focus Ruth Hughston



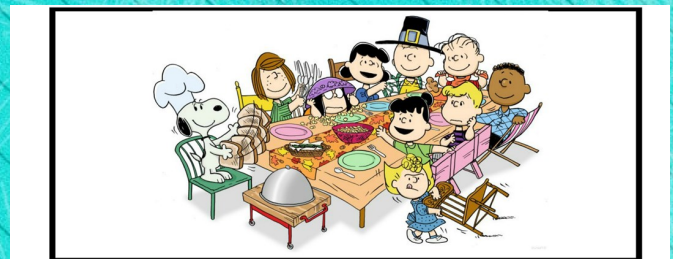
OUR RESIDENT'S

FAVOURITE PARTS OF THANKSGIVING DINNER

- Getting together with Family
- Turkey, stuffing, cabbage slaw, jello salad, cranberries, mashed potatoes, homemade biscuits
- We had Goose with all the fixings
- All the Deserts including pies, squares, cookies
- As a child, I got to have a small glass of wine
- Helping Mom in the kitchen prepare for the feast
- We gave thanks around the table
- Not the dishes!



I grew up on a dairy farm in West Williams. The oldest of 8 children. I spent my time helping my dad with the chores around the farm. I worked for the farmer behind us doing potatoes and tobacco. In 1970 I met my husband, and we were married on December 18th. On April 5th, 1978 our first daughter was born, Sarah May. We then moved back to Sylvan and on March 6th, 1981 our second child came, Laura Lynn. From the 2 girls, I now have 5 grandchildren and 5 great grandchildren. The last one born August 9th, 2022. My husband passed away on April 15th, 2014. So, life has given me many ups and downs. It has been a good one. I came to Craigviel Gardens on October 26th, 2019 and what a time I've had. Made some new friends and become involved with the daily activities here. Anything that I have done in my nearly 75 years, there are no regrets at all.



September Birthday

Edythe S—Sept. 5

Margaret W —Sept. 6

Victor N—Sept. 10

Ruth H—Sept. 11

Joy P—Sept. 12

Hilda V—Sept. 30

Ice Cream and BBQ's on the Patio



Welcome to Our Home!

Carol Ataide



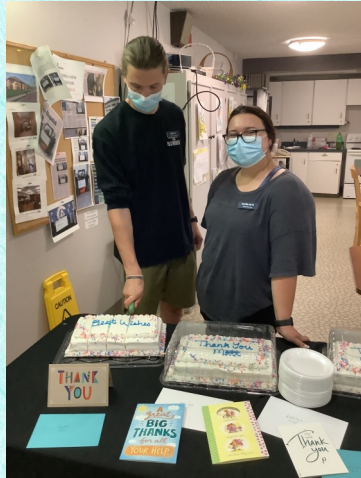
Gordon Symons



Change of Season

With the change of season means the change of clothing. Unfortunately we don't have large resident closets so it can be hard to fit all seasons of clothing in the closet. This would be a good time to start replacing summer clothing with fall and winter clothing. The laundry department would be happy to help label new clothing prior to landing in the resident's room.

**Farewell to Matt and Katelyn from
our Restorative Team. We wish you
both all the best**



Visiting Hours

9:30 am to 11:30 am

1:00 pm to 4:30 pm

5:30 pm to 7:30 pm

Same Everyday

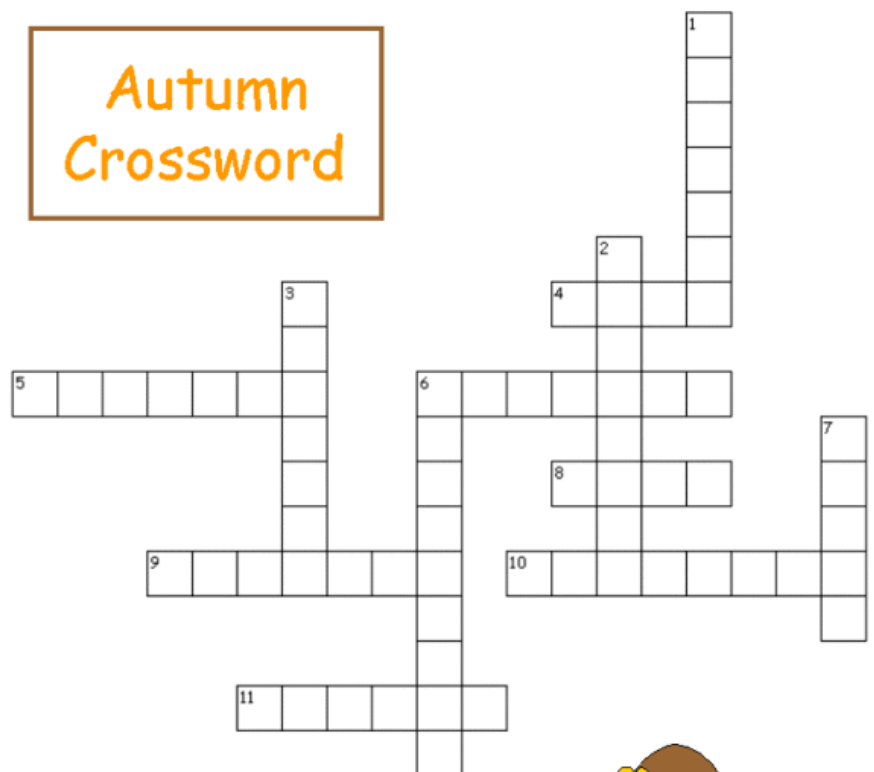
Rate Increase Notice

**The Ministry of Long-Term Care
has issued a bulletin for Residents
of Long-Term Care Homes
indicating a rate increase of 2.5%,
taking effect October 1, 2022. Any
questions or concerns please
contact Sarah Hume at
shume@craigwielgardens.on.ca**

Or

519-293-3215 ext. 214

Autumn Crossword



Across

4. A tasty yellow vegetable with kernels.
5. Another word for gathering crops before winter.
6. Something people wear during autumn.
8. Another word for autumn.
9. Many animals do this in the autumn.
10. The way trees look during autumn.
11. One of the colors leaves turn in autumn.

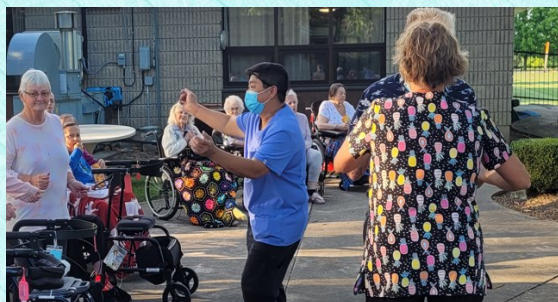
Down

1. A large orange squash that people carve faces into.
2. A sport that starts in autumn.
3. The middle month of autumn.
6. Used to scare birds away from the corn.
7. A crisp, red fruit.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	4 <u>LABOUR DAY</u> 9:30 Friendly Visits 10:30 Chair Yoga 1:00 Read with me 2:00 Church Service 3:30 Bunny Visits 8:15 Fribbee Golf	5 9:30 Bunny Visits 10:00 Tuesday Trivia 10:30 Laundry Helpers 10:30 RCC Chapel 1:15 Devotions 2:00 Bon Fire 3:30 Music that Inspires 4:00 Sparkling Specks 6:15 Pub Night 7:30 Visits	6 9:30 Bean Bag Toss 10:00 Bunny Visits 10:30 Treat Cart 11:00 Body & Mind 2:00 Deb & Fred's Country Rock 4:00 Friendly Visits 8:15 Paint Night	7 9:30 Pool Noodle Hockey 9:30 Busy Hands 11:00 Lunch Outing at North Star 1:15 History of Hymns 2:30 Bunny Visits 3:15 Words That Inspire 8:15 Hymn Sing	1 9:30 Friday Fitness Surprise 9:30 Bunny Visits 10:30 Facts & Fun 1:30 Walk & Roll 2:00 Bingo 3:00 Friendly Visits 8:15 Horse Races	2 <u>ALL SA CRAIG CAR SHOW & VENDORS MARKET</u> 10:00-3:00 9:00 Sparkling Specks 4:00 Bunny Visits 8:15 Ave Throwing	
	11 <u>ONTARIO RESIDENT COUNCIL WEEK</u> 9:30 Balloon Badminton 10:00 Library Cart 11:00 Visits 2:30 Bingo 3:30 Glamour Nails 8:15 Horse Races	12 9:30 Bunny Visits 10:00 Tuesday Trivia 10:30 Laundry Helpers 10:30 RCC Chapel 1:15 Devotions 3:30 Music that Inspires 4:00 Sparkling Specks 6:15 Pub Night 7:30 Visits	13 9:30 Bean Bag Toss 9:30 Bunny Visits 10:30 Treat Cart 11:00 Meaningful Moments 3:00 Euchre 4:00 Friendly Visits 8:15 Paint Night	14 9:30 Pool Noodle Hockey 9:30 Bunny Visits 10:30 Laundry Helpers 10:30 Bunny Visits 1:15 History of Hymns 3:15 Words That Inspire 8:15 Hymn Sing	15 9:30 Friday Fitness Surprise 9:30 Bunny Visits 10:30 Facts & Fun 2:00 Bon Fire 3:30 Music & Memory 8:15 Bingo	16 9:30 Friday Fitness Surprise 9:30 Bunny Visits 10:30 Facts & Fun 2:00 Bon Fire 3:30 Music & Memory 8:15 Bingo	17 9:30 Sparkling Specks 10:30 Laundry Helpers 1:00 Reminiscence with me 2:00 Baking Bunch 3:30 Bunny Visits 8:15 Movie Night
	18 9:30 Friendly Visits 10:30 Chair Yoga 1:00 Read with me 2:00 Church Service 3:30 Bunny Visits 8:15 Fribbee Golf	19 9:30 Balloon Badminton 9:30 Bunny Visits 10:30 Library Cart 1:00 Glamour Nails 2:00 Bingo 3:30 Friendly visits 8:15 Horse Races	20 9:30 Bunny Visits 10:00 Tuesday Trivia 10:30 Laundry Helpers 10:30 RCC Chapel 1:15 Devotions 2:00 Bon Fire 3:30 Music that Inspires 4:00 Sparkling Specks 6:15 Pub Night 7:30 Visits	21 9:30 Bean Bag Toss 9:30 Bunny Visits 10:30 Treat Cart 1:30 Walk & Roll 2:00 Bingo 3:00 Body & Mind 4:00 Friendly Visits 8:15 Paint Night	22 9:30 Pool Noodle Hockey 9:30 Busy Hands 11:00 Lunch Outing to the Caddyshack 1:15 History of Hymns 2:30 Bunny Visits 3:15 Words That Inspire 8:15 Hymn Sing	23 <u>Autumn Begins</u> 9:30 Friday Fitness Surprise 9:30 Facts & Fun 10:30 Music & Memory 2:00 Bingo 8:15 Ave Throwing 7:30 Bunny Visits	24 9:30 Bunny Visits 10:30 Laundry Helpers 2:00 Baking Bunch 3:30 Sparkling Specks
	25 9:30 Bunny Visits 10:30 Chair Yoga 2:00 Church Service 3:30 Friendly visits	26 9:30 Balloon Badminton 2:00 Bingo 3:30 Glamour Nails 8:15 Horse Races	27 9:30 Bunny Visits 10:00 Tuesday Trivia 10:30 Laundry Helpers 10:30 RCC Chapel 2:00 Monthly Birthday Party with Cam Denomine 4:00 Sparkling Specks 6:15 Pub Night 7:30 Visits	28 9:30 Bean Bag Toss 9:30 Bunny Visits 10:30 Treat Cart 11:00 Meaningful Moments 1:00 Body & Mind 2:00 Resident Council 3:00 Food Committee 4:00 Friendly Visits 8:15 Paint Night	29 9:30 Pool Noodle Hockey 9:30 Busy Hands 10:30 Laundry Helpers 10:30 Bunny Visits 1:15 History of Hymns 1:30 Fall Drive to Twin Pines 3:15 Words That Inspire 8:15 Hymn Sing	30 <u>NATIONAL DAY OF TRUTH AND RECONCILIATION</u> <u>Wear Orange to Show Support</u> 9:30 Friday Fitness Surprise 9:30 Facts & Fun 10:30 Music & Memory 2:00 Bingo 4:00 Bunny Visits 6:00 Oktoberfest with Waller Lane	

Music outside, breakfast clubs on the patio and axe throwing are just a few fun events that happened at Craigwiell this August.



Day Centre Rentals

After several years of not renting the day centre due to COVID, we are pleased to announce that we will resume renting the day centre. We are now accepting bookings for this fall and Christmas season. The day centre space has a full kitchen, 2 bathrooms, sunroom and large main room that can accommodate 30 people. We have had to increase the rental rate to \$125. The day centre will only be available when the day centre is closed which is on weekends and holidays. Please contact Shannon Churchill in the main office to book the day centre.

NUTRITION NEWS



September 2022

Serena Leboeuf, Nutrition Manager



Discover Whole Grains

Celebrate Whole Grains Month by learning more about whole grains. A whole grain contains the whole grain kernel – the bran, germ and endosperm. While refined grains such as white bread, pasta or rice contain only the endosperm. Most of the nutrition found in the bran and germ such as fiber, vitamins, minerals and phytochemicals, making whole grains a more nutrient-dense choice. Examples of whole grains are brown rice, buckwheat, corn, oats, sorghum, wild rice, and foods like bread and pasta made with whole grain flours.

WHAT ARE THE HEALTH BENEFITS?

- May reduce the risk of heart disease, type 2 diabetes and certain cancers.
- Increased fiber can support healthy digestion and helps you feel full and satisfied.
- May help with weight management due to the satiating effect of fiber.

HOW MUCH DO I NEED?

Your recommended daily intake of grains depends on your age, sex, and level of physical activity. This can be anywhere between 3-8 ounce-equivalents each day. Make sure that at least half of your daily grain intake is from whole grains. A 1 ounce equivalent equals 1 slice of bread, 1 cup of ready-to-eat-cereal, or ½ cup cooked rice, cooked pasta, or cooked cereal.

HOW DO I ADD MORE TO MY DIET?

- Try whole-grain cereal, shredded wheat or oatmeal for breakfast
- Use whole-grain bread or corn tortillas for sandwiches.
- Replace white rice with quinoa, brown rice, wild rice, barley or bulger.
- Make your salad a grain bowl by adding quinoa or farro.
- Look for the Whole Grain Stamp on packaged foods.

Healthy Recipe Corner

Energy Balls

Ingredients:

- 1 Cups Old Fashioned Rolled Oats
- 1 cup steel cut oats
- ½ Cup shredded sweetened coconut
- 1 Cup crispy rice cereal
- 1 cup peanut butter
- 1 cup ground flax seed
- 2/3 cup mini chocolate chips
- ¾ cups honey
- 2 tsp vanilla

Preparation:

1. In large mixing bowl, combine ingredients
2. Refrigerate for at least 1 hour before forming into balls. Keep refrigerated for an easy snack on the go.
3. Feel free to include other “add-ins” like chopped almonds, raisins etc.
4. Store in airtight container in the fridge for up to 2 weeks.

Serve and Enjoy!

Contacts

Ernie Harris - CEO Ext. 222
eharris@craigwielgardens.on.ca

Nicole Fleischauer, RN -
Director of Care Ext. 223
nfleischauer@craigwielgardens.on.ca

Sarah Campbell - Director of Community &
Recreation Services Ext. 226
scampbell@craigwielgardens.on.ca

Serena Leboeuf - Nutrition Manager, Ext. 216
sleboeuf@craigwielgardens.on.ca

Stephen Lowe
Environmental Services Manager & Health and
Safety Officer—Ext. 234
slowe@craigwielgardens.on.ca

Sarah Hume
Director of Finance Ext. 214
shume@craigwielgardens.on.ca

Pam Tweddle
Day Program Coordinator Ext. 228
ptweddle@craigwielgardens.on.ca

Jacqui Moraal
Finance Assistant Ext. 225
jmoraal@craigwielgardens.on.ca

Admin Coordinator Ext. 283
nmorris@craigwielgardens.on.ca

Shannon Churchill - Reception / Admin Ext. 210
schurchill@craigwielgardens.on.ca

Joan Nichol—Staff Scheduler Ext. 279
jnichol@craigwielgardens.on.ca

August Crossword Solutions

